

I claim:

1 1. A temporal synchronization device for a plurality of individuals, the device comprising
2 an electronic, preprogrammed device which produces and broadcasts a signal, thereby cueing the user to
3 engage in a predetermined, contemplative activity.

1 2. The temporal synchronization device of claim 1 further comprising a strap portion
2 adapted to be place on a user's wrist.

1 3. The temporal synchronization device of claim 1 coupled to a wristwatch.

1 4. The temporal synchronization device of claim 1 coupled to a personal digital assistant.

1 5. The temporal synchronization device of claim 1 coupled to a portable telephone.

1 6. The temporal synchronization device of claim 1 coupled to a cell phone.

1 7. The temporal synchronization device of claim 1 adapted to cue a meditative,
2 contemplative activity including prayer, other physical movement, dance, yoga, martial arts and song.

1 8. The temporal synchronization device of claim 1 further comprising means to produce
2 and broadcast sound in said devices and a means to synchronize the broadcasting of said sound.

1 9. The temporal synchronization device of claim 1 further comprising means to produce
 images in said devices and a means to synchronize the display of said images.

1 10. A method for temporal synchronization of a plurality of individuals engaged in
2 contemplative or physical activity, the method comprising the steps of obtaining an electronic,
3 preprogrammed device which produces and broadcasts a signal, and cueing the user to engage in a
4 predetermined, contemplative or physical activity.

1 11. The method for temporal synchronization of claim 10 further comprising the step of
2 placing the device on a user's wrist using a wrist strap portion.

1 12. The method for temporal synchronization of claim 10 including the step of coupling the
2 device to a personal digital assistant.

1 13. The method for temporal synchronization of claim 10 including the step of coupling the
2 device to a portable telephone.

1 14. The method for temporal synchronization of claim 10 including the step of coupling the
2 device to a cell phone.

1 15. The method for temporal synchronization of claim 10 further including the step of
2 cueing a meditative, contemplative activity including prayer, other physical movement, dance, yoga and
3 martial arts.

1 16. The method for temporal synchronization of claim 10 further comprising the step of
2 producing and broadcasting sound in said devices and synchronizing the broadcasting of said sound.

1 17. The method for temporal synchronization of claim 10 further comprising the step of
2 producing images for display in said devices and synchronizing the display of said images.

1 18. A contemplative and meditative information distribution system comprising: an
2 information broadcasting terminal operated by a particular source of contemplative and meditative
3 information for broadcasting cues for engaging in contemplative and meditative activities; means for
4 receiving the broadcast cues; and means for communicating the broadcast cue to a user.

1 19. The contemplative and meditative information distribution system of claim 18 wherein
2 the means for receiving the broadcast cues is a wrist-mounted receiver and the means for communicating
3 the broadcast cue to a user comprises a graphical user interface on the wrist-mounted receiver.

1 20. A method for treatment of a group of patients each having psychological and psycho-
2 social disorders, the method for treatment based on cued repetitive practice of prescribed activities, the
3 method comprising the following steps:

4 establishing a network for broadcasting activity cueing signals to a plurality of remote
5 synchronization devices; and

6 providing a group of patients each with a temporal synchronization device, thereby inducing
7 temporal synchronization of the cued repetitive practice of prescribed activities within the group of
8 patients.

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1 21 The method of claim 20 wherein the synchronization devices are imbedded any one of
2 the electronic devices within the group consisting of wristwatches, clocks, 2-way communication
3 devices, cellular and mobile telephones, networked computer devices including computers, home
4 entertainment processors, televisions and radios, information management tools, PDAs, and a dedicated
5 temporal synchronization cueing appliance.

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